

What is the Fresh Fruit and Vegetable Program?



The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables during the school day. It is an effective and creative way of introducing children to new and different fresh fruits and vegetables.

The FFVP began in 2004 and is administered federally by USDA's Food and Nutrition Service (FNS), and at the state level by the Office of Public Instruction's School Nutrition Programs—the same agency that administers the National School Lunch Program.

The FFVP is a great way to help children learn lifelong healthy eating habits and increase their brain power to support better learning. Fresh fruits and vegetables are great low-calorie, low-fat sources of vitamins, minerals, and fiber. The FFVP can help teach children that fresh fruits and vegetables are healthy and tasty alternatives to snacks high in fat, sugar, or salt.



For more information contact:

School Nutrition Programs

Office of Public Instruction

PO Box 202501

Helena, MT 59620-2501

or visit:

[http://opi.mt.gov/Programs/SchoolPrograms/
School_Nutrition/FFVP.html](http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/FFVP.html)

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The Fresh Fruit and Vegetable Program

Providing free fresh fruits and vegetables to children in elementary schools throughout the school day!



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**Montana
Office of Public Instruction**
Denise Juneau, State Superintendent

Implementing the Fresh Fruit and Vegetable Program in Your School

Benefits of the Fresh Fruit and Vegetable Program

Create healthier school environments by providing healthier food choices.

Expand the variety of fruits and vegetables children experience.

Increase children's fruit and vegetable consumption.

Create an opportunity to provide nutrition education.

Positively influence children's lifelong eating habits.

Combat childhood obesity.



When

Anytime during the school day outside of regular meal service.

Where

Schools may offer fresh fruits and vegetables in classrooms, hallways, kiosks, or elsewhere.

How

Each school can find a system that works for them. Work with teachers, administrators, and staff to find a system that works best for your school.

All produce served to children should be presented in such a way that it will be easily identifiable or recognized for what it is. Encourage children to enjoy fruits and vegetables as they are (without dips or flavor additives).

Encourage your students to eat more fruits and veggies with the Fresh Fruit and Vegetable Program!

Who can participate?

Elementary schools that have a high percentage of free/reduced-price eligible students, participate in the NSLP, and complete the annual application for FFVP can participate.

Reimbursement

Selected schools receive reimbursement for the cost of making **free** fresh fruits and vegetables available to ALL students during the school day. These fresh fruits and vegetables must be provided separately from the lunch or breakfast meal, in one or more areas of the school during the official school day.

Reimbursement for the program is determined by the number of schools enrolled in FFVP. The per-student allocation must be between \$50 to \$75.

